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The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.

Powerful herbal formula works where prescription heart drugs fail—reversing your most severe symptoms fast

by Michele Cagan

You're suffocating, short of breath... Sickeningly dizzy from skyrocketing blood pressure.

Your heart beats alarmingly fast.

And you're taking more prescription heart drugs than you can count... but you're not feeling any better.

You fear for your life, with good reason. But you don't have to be afraid.

Even if prescription drugs have let you down, there's a proven natural formula that's helped even the most severe cases get better, and breathe easy.

More people die from this than anything else

It's the number one cause of death in the world... and the leading cause of death for Americans... heart disease.

The numbers are alarming:

- Around 84 million Americans have some form of cardiovascular disease
- Heart disease causes approximately 2,200 deaths every day, one death every 40 seconds
- More than 600,000 Americans die from heart disease every year
- About 735,000 people have heart attacks every year, and about 525,000 of those are first attacks

And all that death and disease comes despite the dozens of prescription drugs and surgical procedures

that conventional doctors continue to order, even when they don't seem to be working.

If you're struggling with cardiovascular disease, you do not have to suffer this terrible fate...

Because there's a powerful herbal formula that can save your heart, and save your life.

Five-ingredient formula reverses even your most severe symptoms

CardioPhase may be the most well-studied natural heart formula in the world, with a series of clinical trials proving its effectiveness in hundreds of patients suffering from severe cardiovascular disease.

This therapy contains five simple—but powerful—ingredients working together to rescue your heart and ease even the most severe symptoms...

- Chest pain
- Irregular heartbeat
- Dizziness
- Shortness of breath
- High blood pressure
- Thick “sticky” blood
- Poor circulation
- High cholesterol
- Palpitations

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Our Mission

The *Health Sciences Institute* is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

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Reverse the most severe heart symptoms

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With your worst symptoms finally under control, that's when the real healing can begin.

Life-saving improvement in just six weeks

Coronary artery disease can be deadly. It slows—or stops—blood flow to your heart, depriving that vital organ of the oxygen and nutrients it needs to survive.

But CardioPhase can turn things around fast.

To find out just how effective CardioPhase could be for people with coronary artery disease, researchers studied its impact on thirty patients over six weeks.

And they saw improvement in every measure:

- Heart performance, including pulse rate and oxygen consumption
- Blood vessel function, including better coronary blood flow
- Blood viscosity
- Microcirculation

The surprisingly powerful herbal formula helped the patients' hearts pump blood better, and actually improved the condition of the heart itself... in just six weeks flat.

Thinning thick blood safely

Once you hit age 60, your blood begins to thicken—and that increases your risk of severe cardiovascular disease. Thick blood impairs circulation, forcing your heart to work harder and putting you at risk for deadly blood clots.

The mainstream solution is harsh blood thinners like Coumadin—but they come with a dangerous impact of their own, and can sometimes cause internal bleeding.

CardioPhase does the trick, without putting you at risk for life-threatening side effects.

In a clinical observation trial¹ of 105 patients, CardioPhase was shown to significantly reduce blood viscosity (the medical term for thickness)

in patients with coronary artery disease. After just 40 days of treatment with CardioPhase, the blood viscosity of patients with thick, sticky blood improved dramatically... reducing their risk of heart attack.

89% effective restoring blood flow to your heart

When your coronary artery is blocked, and blood flow to your heart is restricted, you're in trouble. And you want the best possible treatment to fix the problem... but you won't find that in a prescription bottle.

In a groundbreaking (unpublished) clinical study² involving patients with myocardial ischemia (blocked blood flow to the heart), researchers found that CardioPhase was more than 89% effective in improving symptoms overall. Plus, doctors saw improved ECG (electrocardiogram) scores in 42% of patients.

All that progress came after just four weeks on CardioPhase... and the herbal formula proved more effective than propranolol, a very common beta blocker.

Better than beta blockers

Here's where things really heat up.

In a six-week Phase 2 clinical trial,³ researchers learned just how much CardioPhase topped propranolol. This trial included 404 patients with heart damage brought on by various causes: angina, hypertension, and coronary artery disease, for example. The patients were split into groups, with 100 taking CardioPhase in direct comparison with 100 taking propranolol, and the remaining 204 also taking CardioPhase.

In all 304 CardioPhase patients, there was a 95.06% effective rate for improved symptoms... compared with an 81% effective rate for the beta blocker.

And when it came to individual symptoms, CardioPhase worked better every single time, bringing substantial relief to these heart patients:

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Compound K holds the key to conquering cancer... and more

by Michele Cagan

A rare compound, created by nature, refined by science, does something mainstream cancer treatments cannot do...

Kill cancer cells while protecting your liver, warding off diabetes and Alzheimer's disease, and restoring your energy and quality of life.¹

That's in stark contrast to the conventional standards—chemotherapy and radiation—that decimate cancer along with your quality of life and your healthy cells... often causing liver damage, impaired cognition, and blood sugar issues.

That could explain why Big Pharma scientists are getting more and more interested in Compound K.

"Potential" to be a cancer drug

Now Compound K, to be clear, has been tested extensively as a cancer conqueror in the lab and in animals, but rarely in clinical trials of people with cancer—at least so far.

In one large clinical trial,² the plant containing Compound K improved quality of life and significantly reduced the death risk in breast cancer patients.

And the lab science we've seen so far is very promising, against many types of cancer. Compound K has been found to:

- stop melanoma from growing, leading researchers to conclude that it has the "potential to be developed as a chemotherapeutic agent"³
- significantly inhibit cell growth and set off cell death in liver cancer⁴
- kill colon cancer cells⁵ and inhibit their growth in multiple ways⁶
- initiate breast cancer cell death⁷
- stop stomach cancer from growing and surviving in lab mice⁸
- thwart leukemia⁹

- stop tumors from growing nutrient supply lines¹⁰
- prevent the spread of lung cancer in lab animals at least as well as a common chemotherapy (5-FU)¹¹

On top of that, one animal study¹² found that Compound K could prevent and restore damaged cognitive function caused by chemotherapy.

Maybe best of all, a large prospective study¹³—which involved 4,635 people—found that the herb containing Compound K works to prevent cancer from ever developing.

So as Big Pharma scientists talk about the future of Compound K as a cancer drug, you don't have to wait to try it. You can benefit from all of the healing properties of Compound K right now.

Protect your liver, brain, and more

Compound K can take on cancer... but that's not all it can do.

For one thing, unlike most medications and some natural supplements, Compound K protects your liver... even from one of its most dangerous enemies, acetaminophen. In a new groundbreaking study, researchers found that Compound K directly protected lab rats from liver injury caused by acetaminophen, and reduced inflammation.¹⁴ And another animal study saw similar results, where Compound K was able to protect against liver damage brought on by toxic chemicals.

That isn't ginseng

Just because something is called ginseng doesn't mean it is. To be a true ginseng, a plant has to contain compounds called ginsenosides and Siberian ginseng, Indian ginseng, Brazilian ginseng, and Prince ginseng don't.

And in a stunning study¹⁵ on its impact on the brain, researchers found that Compound K was able to recover lost memory function in animal models of Alzheimer's disease.

And then there's its impact on blood sugar. One double-blind placebo controlled trial¹⁶ showed that this compound significantly lowered post-meal blood sugar levels in patients with type 2 diabetes. And another clinical trial¹⁷ found that it helped prevent type 2 diabetes from ever developing in post-menopausal women.

What is Compound K?

It has different names: Compound K... CK... IH901...

But they're all the same rare and powerful compound, a bioactive metabolite created by specially fermented Korean ginseng. Compound K holds a wide range of properties, from anti-tumor to anti-aging to antioxidant, and so much more.¹⁸

And while this compound exists in standard ginseng, your body can't use it properly, unless it goes through a patented process designed to let you reap the full benefits.

In fact, its properties are significantly different—and stronger—than you'd get with standard ginseng, as documented in a pilot study of 24 healthy volunteers.¹⁹

The differences make it better

Most ginseng you see in the store is picked late, highly heat-processed, and devoid of sufficient ginsenosides—the healing compounds that make true ginseng.

But when you start with five year old, unpeeled white ginseng, you're already bringing more potency to the table. This form of ginseng contains the largest amount of bioactive com-

Erase agonizing arthritis pain with this solid-gold solution

by Michele Cagan

If you're suffering from the debilitating pain of rheumatoid arthritis—and things feel hopeless—I have good news.

You have a choice.

A choice that keeps rheumatoid arthritis under control... without putting your health—or your life—at risk.

This breakthrough treatment not only relieves immediate symptoms—pain, stiffness, swelling—it also helps prevent future damage, deformity, and disability.

As an RA sufferer you know this disease gets worse over time. So a treatment that can stop it from progressing *and* relieve the pain you're feeling right now—safely—may seem like nothing more than a tall tale sprinkled with golden fairy dust.

It's not... but it *does* involve pure gold.

Under attack

Unlike other kinds of arthritis, RA is an autoimmune disease, meaning your body is under attack by your own immune system.

And while doctors aren't sure what sets off this cascade of pain and swelling, they know that some infections can trigger the disease and its unbearable symptoms.

You feel the pain in your joints, but your immune system is actually attacking the membranes (called synovium) surrounding your joints, causing inflammation. That inflammation makes your synovium thicker, and that can lead to the destruction of the bone and cartilage in your joints.

As that happens, the ligaments and tendons holding your joints together get weaker, and stretched out—kicking your joints out of alignment, and causing terrible pain.

But there is a way to halt that progress, and ease that pain.

The golden ticket to pain relief

For more than 75 years, gold has been used to treat RA. In fact, it was one of the first medicines used to offer relief to devastated RA patients... and it worked for 70% of people who tried it.

Whether patients got their gold salts through pill or injection, the precious metal calmed their symptoms.

But there was a catch. In their earlier forms gold salts caused some troubling side effects—like skin rash, metallic taste in the mouth, and thinning hair. But those mild side effects usually went away with time or lower dosing, and RA patients still found the blessed pain relief they were seeking.

Then things changed. As Big Pharma developed new drugs, gold salts fell out of favor—but they never stopped working.

Today, gold is making a comeback in a better-than-ever, brand new form that's just as effective, and virtually side effect free.

Which is not something you can say about any of the pharmaceuticals used to treat RA.

A horrible choice: Crippling pain or toxic drugs

Drugs used to treat rheumatoid arthritis can kill you.

That's not a secret—it's well known in the mainstream medical community, and in the offices of the FDA.

In fact, even the *least toxic* of these pharmaceuticals can do serious damage to your body.

DMARDs—disease modifying anti-rheumatic drugs—are today's prescriptions of choice. Among these are the older DMARDs, like methotrexate,

considered to be among those least toxic. But while this medication can effectively calm RA symptoms, it comes with a lot of very scary side effects.

Methotrexate comes with a *full page warning*, and it is truly alarming. This drug is known to

- damage the lungs
- suppress bone marrow
- cause liver disease
- damage the lining of the mouth, stomach, and intestines
- increase your risk of lymphoma, a deadly cancer
- cause life-threatening skin reactions

Remember, this drug is considered one of the *least toxic* treatments. The next generation of DMARDs, called biologics or TNF-alpha inhibitors, make methotrexate look like M&Ms.

Deadly drug side effects mean the “cure” is worse than the disease

The latest drugs for rheumatoid arthritis patients are truly frightening. You've seen the ads on TV for some of them: Humira, Enbrel, Remicade. But you may not have caught all the warnings and side effects quickly voiced over the pictures of people enjoying their lives.

If you're thinking maybe one is safer than the others, think again. A 2012 study¹ found that among them, there was no difference in the death risk. And while death is the worst potential side effect, it's not the only damage these drugs can do.

This comes straight of the website for Humira...

“Serious infections have happened in people taking HUMIRA. These serious infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some people have died from these infections.”

Other side effects include increased risk of lymphoma, two types of skin cancer, nervous system problems, bruising or bleeding, heart failure, liver disease, psoriasis, and immune reactions that can bring on joint pain and shortness of breath.

And consider this horrifying truth: biologics work better when combined with DMARDs like methotrexate: To get relief, you may have to take *both*.

But there is another choice, a safer choice, that's proven effective after decades of use.

A precious metal becomes a precious medicine

As far back as ancient Egypt, gold was used as a precious medicine. And in the 1930s, scientists learned that it could treat one of the most difficult and debilitating diseases—rheumatoid arthritis.

Back then, they used gold salts to treat the disease, and it worked, but came with some side effects. Now, though, there's an even more effective and safer gold treatment, thanks to nanotechnology.

Gold comes in a very small molecule, so it can get places larger molecules can't, like into your joints and cartilage and the smallest blood vessels, where it can get straight to work.

Breakthrough studies reveal nanogold stops RA in its tracks

Research has begun in earnest looking at this new form of gold and its impact on diseases like rheumatoid arthritis.

One compelling animal study² showed that nanogold stops a key factor in the progression of rheumatoid arthritis, a process called angiogenesis. With all the inflammation in the tissue surrounding the joints, the body needs to create new blood vessels—angiogenesis—to get nutrients through, and it does that on signals from a compound called VEGF. This study showed that nanogold binds to VEGF to stop that process, reducing inflammation in swollen joints, leading the research-

ers to conclude that nanogold would make a “novel therapeutic agent for the treatment of RA.”

Another animal study³ uncovered even more good news: Nanogold reduced joint swelling by more than 45%, decreased inflammation, and quashed disease development without toxic effects on the animals’ internal organs.

A just-published *in vitro* study⁴ found that nanogold affected RA treatment targets, including an enzyme called TrxR. And another *in vitro* study⁵ found that nanogold could tame inflammatory responses.

With the long history of gold salts plus the non-toxic effectiveness of nanogold, rheumatoid arthritis patients may just be able to find the safe relief they've been praying for.

Pain-free before the first bottle was gone

Ben and Anna Coleman don't suffer from RA... but they do struggle with intense joint pain, or, rather, they *did*.

Ben suffered from excruciating pain in his left hip, and though he has no official diagnosis, it was more than he could bear. “I tried to ignore it,” he told me. “But it always hurt and I couldn’t sleep.”

So Ben tried a new product that his sister-in-law had told him about: Silver & Gold Joint and Immune Health. And before the first bottle was even finished, his pain disappeared... and it hasn't come back.

Anna was also struggling with joint pain, in her right shoulder—“all that blowdrying”—and in her toes. “She had toe pain all the time,” Ben said. “Like gout. And that shoulder had

The future of gold

Researchers are getting very excited about nanogold and its amazing medical flexibility. This precious metal can be used to help diagnose diseases, deliver cancer drugs straight into tumors (they use angiogenesis, too), and improve treatments for a variety of conditions.

repetitive motion pain. But after she started taking the Silver & Gold, it went away quickly.”

Two precious metals working together

Gold and silver—in the hydro-sol form—work together to deliver pain relief and an immune boost right where you need it.

Earlier we talked about how rheumatoid arthritis is an autoimmune disease, and how it can be kicked off by an infection. That's where the silver hydrosol shines (you can learn more about silver hydrosol in your November 2014 *Members Alert*). Silver stimulates the release of stem cells and helps balance the immune response... but it has to get to your joints before it can help.

That's where gold comes in. Gold bonds with the silver, and delivers it to even the smallest blood vessels and most inflamed joints.

The combination brings you all the antimicrobial, immune supporting capabilities of silver with the pain and inflammation relieving powers of gold—exactly what you need to effectively treat rheumatoid arthritis.

Discover the potent pain-relieving power of Silver & Gold Joint and Immune Health

If you're suffering with the crippling pain of rheumatoid arthritis, and don't want to risk taking toxic prescription drugs, Silver & Gold Joint and Immune Health could bring you the sweet relief you're seeking.

The manufacturer recommends taking two teaspoons of Silver & Gold Joint and Immune Health, twice a day. The dosage can be safely doubled in times of crisis.

Caution: If you are taking chemotherapy, talk with your doctor before trying Silver & Gold Joint and Immune Health.

You will find ordering information for Silver & Gold Joint and Immune Health in your Member Source Directory on page 8. **HSI**

Reverse the most severe heart symptoms

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- 92% effective for chest pain (angina)
- 98% effective for irregular heart-beat (arrhythmia)
- 96% effective for dizziness
- 98% effective for shortness of breath

On top of that, only *nine* patients treated with CardioPhase reported mild side effects, like dry mouth and loose stool—that's it. No beta blocker can boast the same.

Real patients, real success

One forward-thinking holistic family doctor has seen great success in his patients with heart disease when he brings CardioPhase into the mix.

After reviewing the extensive studies, Dr. Fleisher cautiously began using CardioPhase in his practice—and found it to be “remarkably effective.”

“The formula supports and improves cardiovascular disorders, especially coronary insufficiency (reduced blood flow to the heart), angina, arrhythmias, hypertension, and congestive heart failure.”

And with CardioPhase, many of his patients have gotten their hearts and their lives back.

Back on the golf course

Jed Weston lived for golf... but chest pains and shortness of breath were keeping him from the game. At 82 years old, Jed suffered with severe coronary artery disease, recurring angina, and a circulation problem (peripheral vascular disease), all complicated by diabetes.

Prescription medication from Jed's cardiologist—including nitroglycerin, diuretics, beta blockers, and calcium channel blockers—weren't getting the job done. After trying one natural therapy, Dr. Fleisher started Jed on CardioPhase.

Progress was slow, but by the end of six weeks, Jed's condition improved greatly—to the point he didn't need the nitroglycerine any more. His chest

pains decreased, his stamina increased, and he was able to breathe better.

Best of all, Jed got back on the golf course, enjoying his favorite sport once again.

Prescriptions didn't fix it, but this did

When Mary Carson went to see Dr. Fleisher, she was suffering from continuous episodes of heart palpitations that left her feeling winded, dizzy, anxious, and exhausted.

And all of those symptoms had persisted despite the fact that she was already taking several drugs, including digoxin (used to treat heart failure and irregular heartbeat), atenolol (a beta blocker), warfarin (a blood thinner), and aspirin prescribed by her internist.

Dr. Fleisher recommended several nutrients for Mary—and they helped, but not enough. So he had her start using CardioPhase.

Within just three weeks, Mary was experiencing fewer episodes of palpitations... and that helped reduce some of her symptoms. Her chest pain improved, she was breathing more easily, and her dizziness and anxiety subsided.

On top of that, the swelling in her feet and ankles got so much better that she was able to stop taking her daily water pills (also prescribed by the internist).

And after three months of taking CardioPhase, her symptoms had all but disappeared. Mary's heart rhythm

was finally well controlled, and she had no more chest pain or shortness of breath. Her stamina and energy came back, and she truly felt better—even her forever cold feet finally warmed up.

A 20-point drop in blood pressure

About 70 million Americans have high blood pressure. Of those, about 12%, more than eight million people, have resistant hypertension. That means even though these patients take *at least* three different blood pressure medications, they still have dangerously high blood pressure.

Ed Moran was one of those patients. Despite faithfully taking a calcium channel blocker, an ACE inhibitor, and a diuretic, the 54-year-old chemical engineer still struggled with moderately severe hypertension. And it got even worse when Ed was stressed... which happened a lot of the time.

So Dr. Fleisher had Ed try CardioPhase, and the results were stunning. In just eight weeks, Ed's systolic pressure (the top number) had dropped 20 points, and his diastolic pressure (the bottom number) decreased by 15 points. Pleased with this progress, Dr. Fleisher tweaked Ed's CardioPhase dosing, and told him to come back for a follow-up in three months.

At that follow-up, Ed's blood pressure was finally in the normal range—even though he'd decided (without his doctor's advice) to stop taking some of his prescription blood pressure medication.

It worked when statins couldn't

Many heart patients can't stomach statins, the world's most popular cholesterol-lowering prescription drugs.

That's because statin drugs come with a wide range of unpleasant—even dangerous—potential side effects that some patients just can't tolerate. In Dr. Fleisher's practice, he's seen a lot of people in just that situation, people like Margaret Foley.

WARNING:

Don't stop your prescriptions cold turkey

If you are taking prescription medication for a heart condition, do not stop taking them suddenly without consulting your doctor. Beta blockers, in particular, should not be stopped cold turkey, as doing so can increase your immediate risk of heart attack.

Margaret went to Dr. Fleisher with a total cholesterol score over 300, along with a family history of high cholesterol. Her LDL cholesterol was over 200, and her HDL was under 30—numbers that could indicate a “heart attack in the making.” She’d tried statins, but they made her deathly ill. In fact, Margaret couldn’t even tolerate supplements with red yeast rice, a natural form of the drugs.

Dr. Fleisher put Margaret on CardioPhase (along with another supportive supplement). And after twelve weeks, Margaret’s cholesterol levels had dropped into a much healthier range... all the way down to normal.

It comes down to five healing herbs

CardioPhase owes its success to just five time-tested ingredients that work together to restore your heart.

You’ve seen how well they work together—in clinical trials and actual patients—and that’s mainly because each is a powerful healing agent by itself.

As an HSI reader, you may be familiar with some of these ingredients...

- astragalus
- rehmamnia
- ophiopogon
- schisandra
- cinnamon

But you may be surprised by how they work to protect your heart.

Laying down SOD

When it comes to your cardiovascular system, oxidation is the enemy... especially when it comes to lipids—specialized fat cells, like cholesterol.

Luckily, your body has a way to counteract it, a powerful natural antioxidant that you create called SOD (superoxide dismutase). SOD plays a major role in decreasing oxidative stress, which can lead to atherosclerosis and other potentially fatal and degenerative conditions.

The bad news: SOD production declines with aging, so you have less of it available when you need it most.

That’s when you need a little outside help to increase your SOD supply.

Astragalus can do just that. An animal study⁴ found that astragalus increased SOD activity and reduced lipid peroxidation, protecting the animals’ heart tissue from injury. And another animal study found that astragalus helped limit heart muscle death and improve heart function when cardiac blood flow was limited, thanks in part to its ability to increase SOD action.

Neutralizing the causes

A lot of things contribute to cardiovascular disease, including

- chronic inflammation
- high blood pressure
- diabetes
- high cholesterol
- oxidative stress

CardioPhase can help improve virtually any cardiovascular condition—no matter how drastic—even when prescription medications aren't helping.

So neutralizing even one of those factors can do a lot to protect your heart and blood vessels. But the herbs in CardioPhase can take care of all of those damaging factors.

Rehmamnia has been shown to reduce high blood sugar, high cholesterol, inflammation in the blood vessels, and oxidative stress.⁵

Schisandra helps reduce inflammation in the lungs⁶ and improve heart function after its suffered a loss of blood flow⁷ (ischemia).

In one study⁸ ophiopogon offered so much protection against oxidative stress in the lining of blood vessels—a critical factor in cardiovascular disease—that researchers concluded that one of its compounds could be “developed as a novel drug for the therapy of cardiovascular disorders.”

And cinnamon brings a wealth of benefits for your heart, including better blood flow⁹, lower blood pressure, reduced inflammation, lower blood sugar, decreased blood lipids, and “the potential to treat cardiovascular diseases.”¹⁰

The ingredients in CardioPhase go one step further, actually protecting your heart from something truly toxic... cancer treatments.

Protecting your heart from chemotherapy

Cancer treatments can be lethal to your heart. Both chemotherapy and radiation cause serious damage to the heart muscle itself, and surrounding tissue.

CardioPhase can change all that, protecting your heart from additional damage, and even helping to repair existing damage... thanks to its well-studied ingredients.

Many studies have shown that the potent herbs in CardioPhase specifically limit harm caused by cancer treatments:

- Astragalus directly protects heart tissue from oxidative stress and heart cell death brought on by doxorubicin, a common chemotherapy^{11,12}
- Rehmamnia protects cardiac muscle from cell death caused by the toxicity of adriamycin¹³
- Schisandra helps repair damage done by doxorubicin through its antioxidant and anti-inflammatory powers¹⁴ and also prevents immune system damage during radiation treatment¹⁵
- Ophiopogon reduces oxidation and damage to the heart caused by doxorubicin¹⁶

That protection can help your heart survive toxic cancer treatments... and so much more.

Give your heart what it needs to survive and thrive

CardioPhase can help improve virtually any cardiovascular condition—no

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Reverse the most severe heart symptoms

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matter how drastic—even when prescription medications aren't helping.

The recommended starting daily dose is 2 CardioPhase capsules, 3 times per day. Many people feel results within the first month of taking CardioPhase, and the results will be noticeable.

For more intense cases, the dosage may be increased to 4 capsules of

CardioPhase, 3 times daily for a total of 12 capsules per day, for a short period of time. Once benefits appear, the dosage can be reduced to 2 capsules 3 times daily for maintenance.

While it is safe to take CardioPhase even if you are taking prescription drugs, it's best to take CardioPhase at least two hours away from any medication.

A word of caution: CardioPhase should not be used with drastic blood-thinning medications such as warfarin/Coumadin. Consult your doctor before using CardioPhase if you are taking any medication with blood-thinning properties, including aspirin and Plavix.

You can find ordering information for CardioPhase in your Member Source Directory below. **HSI**

Compound K conquers cancer

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pounds and then it is subjected to a very beneficial and patented process to release the highest medicinal qualities.

Unlike other ginseng, this is fermented, and that makes a world of difference to how well your body can absorb, use and benefit from its healing powers.

Absorption increased 1500%

Fermenting ginseng does what your body tries to do... only better.

You see, with unfermented ginseng, crucial ginsenosides don't get absorbed by your body until they reach your lower intestine, so most people don't fully absorb them, substantially reducing those healing powers.

But with fermented ginseng, the work is already done. And the compounds that would be released after digestion—well, they're already pres-

ent, including the most studied and potent one, Compound K.

And in a head to head study, the fermented ginseng extract containing Compound K—an extract called GinST 15—was proven to be absorbed four times faster than standard ginseng.

Even more impressive, GinST 15 increased absorption by 1500%, giving you fifteen times more of the beneficial compounds.

Fight deadly diseases from cancer to diabetes with GinSt 15

GinSt 15 supplies the Compound K you need to fight diseases like cancer, diabetes, and Alzheimer's disease.

The manufacturer recommends taking 12 drops of GinST 15 Elixir per day.

For the best results, start taking no more than 3 to 4 drops daily for the first few days. If that is well tolerated, increase the dose by 2 drops every few days until you reach the maximum dose of 12 drops daily.

Some people experience a mild detoxification effect when they first start taking GinSt 15, and may see symptoms like mild diarrhea or headache. If that occurs, it could mean the dose is too high, so reduce the dose to a more tolerable level.

Don't take GinSt 15 at the same time as medications. It's best to take it 30 minutes before or 60 minutes after any medications.

You can find ordering information for GinSt 15 Elixir in your Member Source Directory below. **HSI**

MEMBER SOURCE DIRECTORY

CardioPhase, Tango Advanced Nutrition, PH: (866)778-2646; www.puretango.com. CardioPhase costs US\$39.95 for a 180-count bottle. HSI members will receive an exclusive 15% discount. Simply use coupon code CARDIO7 when you order.

GinST 15 Elixir, ILHWA, PH: (800) 791-0284; www.ilhwakoreanginseng.com. GinSt 15 Elixir costs \$35.55 per bottle.

Silver & Gold Joint & Immune Health, Flax Lignan Health, PH: (817) 710-6918; FlaxLignanHealth.com. Silver & Gold Joint & Immune Health costs \$29.99 per bottle. Order two bottles of Silver & Gold Joint & Immune Health and receive a free tin of Organic Honey Silver Lozenges (\$9.99 value). Simply enter code HSIGOLD to get your bonus gift.

HSI website log-on info (MAY): Username: may2015

Password: immunity

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